

NOVEMBER/DECEMBER 1993

VOLUME 22, #6

# USA GYMNASTICS

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# USA GYMNASTICS

NOVEMBER / DECEMBER 1993 • VOLUME 21 • NUMBER 4

**18**



**MEDIA  
TRAINING  
SEMINAR**

Judy Carter, a specialist in media training and public speaking for 20 years, gave a media training seminar to members of the 1993-94 men's and women's national team. This article gives tips on how to deal with the media and comments from national team coaches and athletes.



**25**

**NATIONAL TEAM  
HOLIDAY PLANS**

Who makes all their presents to give to family and friends? Who wants a full twisting double back and a double layout under the tree this Christmas? Who enjoys spicy Capin food on Thanksgiving? Find out by reading our special feature on how your favorite gymnasts spend their holidays!

USA GYMNASTICS (ISSN 0894-0000) is published bimonthly for \$7.95 per year (single \$3.50) to all nonmember readers. \$12 per year. USA GYMNASTICS is published by USA Gymnastics, P.O. American Plaza, 504 S. Capitol Mall, Suite 500, Indianapolis, IN 46202, (317) 251-3939. Second class postage paid at Indianapolis, IN 46202. POSTMASTER: Send address changes to USA GYMNASTICS, P.O. Box 4, Suite 500, Indianapolis, IN 46202. USA Gymnastics is a 501(c)(3) nonprofit organization. All rights reserved. Printed in the USA.

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## DEPARTMENTS

- 6** EDITORIAL
- 8** ASK MARY LOU
- 10** BODY BALANCE
- 14** TALENT OPPORTUNITY PROGRAM
- 16** 1993 CONGRESS
- 20** EVENT SCHEDULE
- 29** SPONSOR UPDATE
- 38** RACES IN THE GYM
- 33** GYMNASTICS UPDATE
- 35** EVENT RESULTS
- 37** CHALK TALK
- 38** 1993 EVENT RESULTS SPECIAL SECTION
- 42** SECTION PROCEDURES
- 44** TRAINING



**21**

(Left) Amanda Borden



(Right) John Roethlisberger



(Left) Tamara Levinson

## FEATURES ON

**AMANDA BORDEN,  
JOHN ROETHLISBERGER  
AND  
TAMARA LEVINSON**

USA Gymnastics highlights three members of the 1993 National Team.

COVER PHOTO OF TAMARA LEVINSON:  
USA GYMNASTICS © DAVE BLACK



**Rhythmic Program Director**  
**Mauro Casanovi | Milano**

William Hanks Ph.D. Chair  
Sports Advertising Committee  
Pete Hunkler Ph.D. Chair  
Education Subcommittee  
Barbara W. Hunkler, Liaison

A black and white portrait of a middle-aged man with a receding hairline, smiling warmly at the camera. He is wearing a dark suit jacket, a white dress shirt, and a dark tie with a light-colored circular pattern. The background is a soft, out-of-focus grey.

**WE'LL  
BE  
SKIING  
YOU!**

As you've probably heard, Mike Jacki recently resigned as President/Executive Director of USA Gymnastics to become the CEO and President of US Skiing. We wish Mike and his family well, and are sure that he'll tackle his new challenges with the same drive and enthusiasm he displayed at USA Gymnastics for 10 years.



Although I've been in the position of chairman of the board for USA Gymnastics less than a year, I have worked with Mike on numerous occasions over the past 10 years. I have had the chance to observe first-hand the tremendous contribution he has made to the sport of gymnastics and the Olympic movement. Mike really made an impact on the sport of gymnastics in general, but it's our business side that bears his highest marks.

He recognized the importance of the athlete and coach relationship and strived to have personal coaches on the floor at the World Championships and Olympic Games. He instituted the athlete and coach incentive program. USA Gymnastics is the leader of the national governing bodies in this area, rewarding top athletes and coaches for their performance at major competitions.

He was also the driving force behind the safety certification program, which now has over 9,000 certified members and serves as the model for other sports to follow.

Perhaps the most important contribution Mike made to gymnastics is his tireless effort to raise awareness of the sport both in America and abroad. He worked closely with sponsors and networks because it was his philosophy that securing televised events will not only make the sport more visible and the athletes more popular, but it would also bring young children into local gymnastics facilities, which makes the sport grow. For the first time ever, this year's National Championships were shown in prime time on NBC Sports, making gymnastics the only summer Olympic sport to receive a prime time position.

The sponsor and TV dollars from these events allow us to expand our programs and increase funding of athletes, coaches and judges support. We've also been able

to have more athletes and coaches participate in competitions, conduct more training camps, and invest in our sport's well being by focusing attention on special areas like nutrition, sports psychology and biomechanics.

He has built a successful organization which has grown to nearly 40 employees and 160,000 members. These are dedicated volunteers all across the country who run some 5,000 events annually. Without them, we simply wouldn't exist.

He obviously has a whole list of other accomplishments, but space doesn't allow us to pay tribute to all he's done. Suffice it to say, we have all benefited from Mike's involvement with gymnastics. We are grateful for his leadership and vision. We are also grateful that he assembled a dedicated and talented staff who will help take us through this transition.

There is a quotation that says, "There is nothing permanent except change." This organization can and will deal with change. My personal opinion is that "change" is healthy. Of course, some people shy away from change because they see uncertainty. I see opportunity. I see people growing in their jobs and taking new responsibility. I see new opinions and perspectives. I see new people and projects. I see new enthusiasm and motivation. I am confident we will find the right individual to pick up where Mike left off and continue to make USA Gymnastics the premier Olympic governing body and America's favorite Olympic sport.

To make that happen, we'll all need to work together. I know that our love of and commitment to the sport of gymnastics will enable us to do just that—work together.

In the meantime, thanks and so long Mike. We'll be missing you!

**A**s a former gymnast, Mike holds a special affinity for the athletes and always tries to make their interests a top priority. We thought you might like to see what some of them had to say.

#### FROM PETER VIDMAR

*"During my years on the Executive Board of the U.S. Olympic Committee, I frequently heard people say, 'You have the best run sport in the Olympic family.' That praise was largely a result of Mike's tireless effort in bringing the USGF to its current prominence. I will never forget the moment that our men's team won the Olympic gold medal, and with tears in his eyes, Mike pulled us all into a huddle to congratulate us and tell us how much that victory meant for USA Gymnastics."*

#### FROM MARY LOU KETTON

*"With Mike Jacks at the helm of USA Gymnastics, great things have happened. Gymnastics has grown to become one of our nation's most popular sports and American gymnastics has emerged as a world powerhouse! Mike's knowledge and expertise will certainly be missed."*

#### FROM MITCH GAYLORD

*"From his early years as a gymnast, to USA Gymnastics' President, Mike Jacks has been an unstoppable force that has helped to shape our sport into what it has become today. His giving nature, his incredible energy level, and his sense of humor should serve as an inspiration to all of us. We're gonna miss ya, Mike! I wish you the best of luck in all of your future endeavors."*

*Perhaps the most important contribution Mike made to gymnastics is his tireless effort to raise awareness of the sport both in America and abroad. He worked closely with sponsors and networks because it was his philosophy that securing televised events will not only make the sport more visible and the athletes more popular, but it would also bring young children into local gymnastics facilities, which makes the sport grow.*

Turn to page 12 for an update on the search for a new President.





This holiday season will be a very special one for me. My husband, Thomas, and I just moved into our new house that we built together. On Thanksgiving, my family will sit down to a huge dinner of turkey, roast potatoes, green beans, pumpkin pie, etc. And then it's a full day of football games on television. This year I will be smiling, because my family is coming to live with us to celebrate the holidays in my new home.

Christmas is my favorite season of all. Tradition at the Batten house is a big dinner Christmas Eve and then the whole family goes to a midnight service at church. On Christmas morning, we open all our presents.

Dear Mary Lou  
What was your best Christmas  
present ever?  
Dore Roberts  
Indianapolis, Indiana

**Dear Doug,**  
My last Christmas present was a free machine that was given to me by my son. I was going to my local Peer Office everyday to pick up and send business related letters, so my son got me a home fax machine. Paul

**Dear Mary Lou:**  
How can you maintain your weight during the holidays with eating, eating and eating everywhere you go?

Kyle Szymura  
Orlando, Florida

Dear Kyla,  
 Holiday season is upon us. Believe me, I  
 have been hard at it to try to make the  
 night. What I do is not everything I  
 want in moderation. I don't deliver in  
 disappointing yourself. Here are all your  
 favorite cookies, or have me send you  
 all your favorite cake. Happy Holidays!

Dear Mary Lou,  
Do you respond to every letter you receive or just the ones that you answer in the magazine? Also, did you measure hand workouts everyone you entered the gym or did you let up at some point in the year?

*Becky Marchese  
Missoula, Texas*

Dear Randy,  
Although I would love to answer every letter, sometimes my schedule doesn't allow me to. Not too, on average I'm travelling 17 to 20 days a month doing

speeches, appearances, etc. In order to do this, it is important to answer all the great questions that come in. I try to answer the ones that are asked most often. For your second question, I'm expected 100% effort every time we get into the gym. Although, workouts seemed to be less intense during the summer months. After the competition season, we would stop full on-court and concentrate on learning new skills.

**Dear Mary Lou,**  
I am 11 years old and a Level 6 gymnast. I was wondering who do you feel was your biggest inspiration when you were young?

Ann Brewer  
Edmund Pettit

*I had two blebs while I was growing up. My older sister, Sheri, who was also a gymnast, and Heidi Gammann. I wanted to do everything that Sheri did and really admired her. I also remember watching Heidi in the 1976 Olympics (I was 7 years old) and told my mom that I was going to be in the Olympics one day just like her.*

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It is hard to imagine a sport better than gymnastics for benefiting a athlete's physical and social development. In some areas of the world, gymnastics is regarded as basic training for those wishing to pursue other sports, because of what it can do to improve physical strength, concentration, and confidence.

a younger age to the point that even our top competitive gymnasts are still children. In fact, the average age of the U.S. women's gymnastics team in the Barcelona Olympics was only 16, representing a drop in age from 1964 when the average age was slightly over 19. This difference is important, since

16 to 19 year olds may have completed most of their growth, but 12 to 16 year olds may still be in a period of peak adolescent growth. Since growth means that gymnasts need increased nutrient requirements, competitive gymnasts today must pay particular attention to what and how much they eat.

the recommended level (see Figure 1), and that the average energy intake (calories) was significantly below that predicted for the work these gymnasts do on a daily basis. Clearly the inadequate nutrient intake and the low energy intake are related, for it becomes more difficult to get the nutrients you need if they are provided in an energy package that is too low. The

By Don Bussard, PhD, RD, LB  
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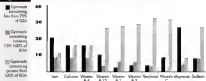
# PROBLEMS

Women's gymnastics, however, has certain problems that may detract from its positive potential. Many of these problems often revolve around looking "just right" in a leotard. This may create a conflict between the body's preprogrammed need to grow and gymnastics saying that smaller is better. To compound this conflict, gymnasts in the U.S. have been reaching their competitive peaks at

WITH  
NOT  
EATING ENOUGH

Figure 1

Nutrient Intake Results for 40 TOPs Gymnasts



basic nutrition principle behind this relationship is that "food is the corner of nutrients." Eating too little food often translates into eating too few nutrients. It must be understood that children who consume inadequate energy have one of two choices. They can grow normally but exhibit lethargy, fatigue, and malaise, or they can exhibit a normal energy level but retard growth. The recent body composition evaluation on U.S. gymnasts places them in the 25th percentile for leanness, meaning that 75% of all girls that age are taller.

The reasons for not eating enough are often related to the common concern gymnasts share about becoming overly fat. However, the strategy for gaining control over leanness is

Gymnasts selected into the Talent Opportunity Program (TOP) were assessed for body composition. How much muscle you have versus fat and nutrient intake (what foods you eat) at a training camp. The results of this assessment did raise our level of concern that gymnasts may not be eating enough to insure normal growth and health. These concerns are based on the finding that many of these gymnasts had calcium (see Table 1), iron (see Table 2), magnesium, and vitamin B-6 intakes below

Table 1	Food	Portion	Gm (mg)
Sources of Calcium	Eggplant, low fat plain	1 cup	415
	Shrimp, mild	1 cup	262
	Swiss chard*	1 cup	272
	Broccoli, cooked	1 cup	177
	Proccoli American cheddar*	1 cup	174
	Cottage cheese, low fat	1 cup	155
	Figures*	1 cup	125
	Great Northern beans	1 cup	90
	Cheese, non	1 medium	52
	Lettuces	1 cup	38
	Green beans, mixed	1 cup	33
	Squash, Italian	1 cup	29
	Beet, white, cooked	1 cup	21
	Corned, mixed, no oil	1 cup	19
	Chicken breast	3 oz	13
Sources of Calcium	Salmon steak	2.5 oz	9
	Mozzarella*	1 TBSP	4

\*Source: National Food Guide, 1980. Revised. U.S. Department of Health, Education and Welfare. Food and Nutrition Service. 1980. Home and Garden Bulletin 24.

1980. 1981. 1982. 1983. 1984. 1985. 1986. 1987. 1988. 1989. 1990. 1991. 1992. 1993. 1994. 1995. 1996. 1997. 1998. 1999. 2000. 2001. 2002. 2003. 2004. 2005. 2006. 2007. 2008. 2009. 2010. 2011. 2012. 2013. 2014. 2015. 2016. 2017. 2018. 2019. 2020. 2021. 2022. 2023. 2024. 2025. 2026. 2027. 2028. 2029. 2030. 2031. 2032. 2033. 2034. 2035. 2036. 2037. 2038. 2039. 2040. 2041. 2042. 2043. 2044. 2045. 2046. 2047. 2048. 2049. 2050. 2051. 2052. 2053. 2054. 2055. 2056. 2057. 2058. 2059. 2060. 2061. 2062. 2063. 2064. 2065. 2066. 2067. 2068. 2069. 2070. 2071. 2072. 2073. 2074. 2075. 2076. 2077. 2078. 2079. 2080. 2081. 2082. 2083. 2084. 2085. 2086. 2087. 2088. 2089. 2090. 2091. 2092. 2093. 2094. 2095. 2096. 2097. 2098. 2099. 2100. 2101. 2102. 2103. 2104. 2105. 2106. 2107. 2108. 2109. 2110. 2111. 2112. 2113. 2114. 2115. 2116. 2117. 2118. 2119. 2120. 2121. 2122. 2123. 2124. 2125. 2126. 2127. 2128. 2129. 2130. 2131. 2132. 2133. 2134. 2135. 2136. 2137. 2138. 2139. 2140. 2141. 2142. 2143. 2144. 2145. 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# AN OPEN LETTER

FROM THE CHAIRMAN OF THE BOARD, SANDY KNAPP

**A**lthough we have attempted to communicate to all of our professional members through your representatives on USA Gymnastics' board of directors we may have not reached every individual. Therefore, I would like to update you on the current status of replacing the President/Executive Director.

As evidenced by the past several weeks, our business is currently stalled and we will operate efficiently and effectively and, in doing so, serve the best interest of our sport during the interim period as we seek a new President. I see no need nor benefit in appointing an acting President.

During this period of time, Allison McLargton, vice president of events and programs, Rod Davis, vice president of marketing and communications, and John Hewett, controller, will, in addition to performing their regular duties, operate as a management committee for purposes of resolving issues which extend beyond their individual departments.

There will continue to maintain regular contact with the office, and, where possible, be included by telephone in senior staff meetings. Jack Swartzbach, the corporation's general counsel, continues to work with the organization on a daily basis and reports that the management committee concept is working well.

The process for identifying the new leader for our sport will involve several steps. First, I invited written input from the Board Members and Foundation Trustees regarding the criteria for this position and the priorities for this organization. The objective is to develop the "ideal candidate" profile before we actually begin any kind of a search. The next step is also well under way. I am pleased to report that Ron Walker, a newly elected trustee of the National Gymnastics Foundation, who also happens to be the Managing Director of Korn/Ferry International's Washington, D.C. office, has agreed to assist us on a pro bono basis. Korn/Ferry representatives are in the process of interviewing the Executive Committee, senior staff, selected sponsors and broadcast partners, and the leadership of the USOC and ACOG. Profiles on the position have been submitted to Korn/Ferry by Nancy Marshall, vice chair for women; Jan Howard, vice chair for men; Norma Zalka, vice chair for rhythmic; and Wendy Hillard, Athletes Advisory Council chairman. These profiles were created through their discussions with members of their specific discipline.

By the time you read this, Ron Walker will have presented the results of all this information gathering including the ideal candidate profile to the Board of Directors at their November 12 meeting. I also anticipate that Korn/Ferry will make a recommendation regarding the process we should follow from that point forward. The Executive Committee and Board of Directors will then discuss the next step in the process. It is my goal to have a president identified shortly after the first of the year.

I hope this helps, wherever we are, what we're doing and how we're doing it. I appreciate your confidence and cooperation in our plan to pursue the best person available to serve as our new president during this critical quadrennium and for future years. We are one united family in this sport and every step in this process is being designed to select the best individual to lead us

Source: Galeotti & B. Matthews, MS, Executive Policy of Food, Washington, DC, 12/12/91 of Agriculture, Home Business Information Service, PHS News and Health Bulletin 72

**Table 5** *High Fat Foods*  
**Eat Infrequently**

| Food                       | % Carbs | % Protein | % Fat |
|----------------------------|---------|-----------|-------|
| Chocolate chip cookies     | 49      | 4         | 47    |
| Ice cream, vanilla         | 47      | 7         | 46    |
| Doughnuts, cake-type       | 44      | 6         | 50    |
| Hamburger on bun           | 45      | 19        | 36    |
| Milk chocolate candy       | 42      | 5         | 53    |
| Clam chowder               | 41      | 22        | 38    |
| New England                |         |           |       |
| Chicken wings, breaded     | 40      | 5         | 56    |
| Macaroni and cheese        | 38      | 16        | 46    |
| 1000 calorie dressing, fat | 31      | 0         | 69    |
| Ice cream                  | 31      | 18        | 51    |
| Opium, fat                 | 28      | 24        | 53    |
| Almonds                    | 12      | 12        | 74    |
| Sour cream                 | 15      | 0         | 87    |
| Peanut butter              | 2       | 19        | 89    |
| Macaroni, part diet        | 5       | 40        | 56    |
| Egg, whole fried           | 4       | 26        | 69    |
| Chicken chowder            | 1       | 29        | 74    |
| Macaroni, special          | 0       | 9         | 100   |
| Horn, roasted, carved      | 0       | 53        | 47    |
| Real butter                | 0       | 41        | 59    |
| Ice cream, low fat         |         |           |       |

have a higher fat content. Table 5 lists foods that are higher in fat, so these should be eaten infrequently. Note that the word is "infrequently," not "never." The foods that are consumed most of the time makes the difference. Don't be concerned with occasional encounters with high fat foods, and absolutely don't feel guilty about eating them.

Because gymnasts are active and young, it is important to provide foods that have the highest nutrient density possible. This means that all high-carbohydrate foods are not created equally. For instance, salt drinks and hard candies are mainly

carbohydrates, but they don't have any other nutrients that gymnasts need. These "empty calorie" foods should be reserved for a time when the gymnast knows she's already eaten well.

Choosing the right low-fat, high carbohydrate foods can make eating fun again, and can help to eliminate the fears so many gymnasts have about becoming plump. Long-term, it helps to assure they'll get the nutrients they need to maintain their strength and develop properly, and will help to reduce the risk of athletic injury. It's the thing to do.

**NOTE 1, and Modification**  
All injuries and special cases in female gymnasts (17) by the Physician and Swiss-German, HHS (Data from U.S. Olympic Committee)

"The word 'diet' will be used in place of fatness, high body fat percent, obesity, and other words that make one person's eating habits look better than others."

**Table 4** *Low Fat Foods*  
**Eat Frequently**

| Food                      | % Carbs | % Protein | % Fat |
|---------------------------|---------|-----------|-------|
| Cornmeal                  | 75      | 12        | 11    |
| Instant brown rice        | 75      | 12        | 13    |
| Turkey, lean              | 73      | 8         | 18    |
| Salmon                    | 72      | 9         | 19    |
| Smoked sausage            | 67      | 8         | 25    |
| Chicken breast            | 64      | 30        | 14    |
| 75 low fat                |         |           |       |
| Ice cream, vanilla        | 49      | 28        | 11    |
| Macaroni, standard        | 40      | 22        | 17    |
| Chicken chowder           | 39      | 20        | 22    |
| Vegetable soup            | 37      | 20        | 22    |
| Clam chowder              | 30      | 20        | 22    |
| Macaroni                  |         |           |       |
| Applesauce, cooked        | 32      | 33        | 15    |
| Skin milk                 | 27      | 39        | 10    |
| Vegetable, broiled, plain | 45      | 33        | 24    |
| Cottage cheese            | 17      | 65        | 19    |
| 2% low fat                |         |           |       |
| Egg white                 | 0       | 100       | 0     |
| Tuna, canned in water     | 0       | 93        | 7     |
| Chicken breast            | 0       | 80        | 20    |
| Flounder, skin, broiled   | 0       | 86        | 12    |
| Turkey                    | 0       | 79        | 21    |
| Light cream               |         |           |       |

Source: Galeotti & B. Matthews, MS, Executive Policy of Food, Washington, DC, 12/12/91 of Agriculture, Home Business Information Service, PHS News and Health Bulletin 72









Photo: Jeffery H. Smith



Photo: Jeffery H. Smith



Photo: Jeffery H. Smith

## TALENT OPPORTUNITY PROGRAM

Approximately 280 girls ages 9 through 11 attended a Talent Opportunity Program National Testing, held October 6-10 in Indianapolis, Indiana.

These 280 girls qualified to attend the TOP's Testing by their outstanding results at regional testing. The top girls at the national testing are invited to attend a training camp in December.

The benefits of the program:

- Provide individualized computer analysis of physical characteristics both strengths and weaknesses
- Reach high level performance through reduced training/development time
- Enhance the effectiveness of coaches time
- Increase in athlete's self-confidence
- Directly interface with national coaching staff and sports specialists
- Reduce individual's performance limiting factors
- Design a better approach to training
- Continue assistance in athlete's development
- Access to TOP's computer information service (Manual Feed)



Photo: Jeffery H. Smith

What is the Talent Opportunity Program, called TOP's for short? It is a program created to identify physically talented athletes, ages 6-12, early in their development. TOP's provides a training camp experience with the National Coaching Staff for the top young female gymnasts in the country. TOP's also provides an educational opportunity for coaches and parents in the areas of nutrition, psychology, technique, conditioning and testing.



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If you would like to read more about the program you can order the Talent Opportunity Manual for \$10.00 through USA Gymnastics Merchandise Department at 317-237-6060.



Photo: Jeffery H. Smith

The photos shown in this article were taken from the May 1993 training camp held in Birmingham, Alabama.



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*Evening Activities*

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- Gymnastics contests for all levels
  - \*Prizes \*Awards \*Fun
- Camper and staff skit night
- Awards night and banquet



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# 1993 CONGRESS

## USA GYMNASTICS

This year's annual Congress was held in the host city for the 1996 Olympic Games—Atlanta, Georgia. Many said that this was the best Congress in history due to the materials presented and the superb accommodations at the Marriott Marquis.

A new tradition was developed at this year's annual event. The outstanding individuals and contributors to the sport were recognized for the first time ever at the Ceremony of Honors. Ron Thulin, who serves as a play-by-play announcer for Turner Sports, working primarily on TNT's coverage of the NBA, was the Master of Ceremonies. He has also covered the 1992 Winter Olympics, Goodwill Games and Pan American Games. Turn to page 46 for a list of the award winners.

During the banquet, USA Gymnastics was fortunate to hear from one of the most important individuals in sport—Mr. Billy Payne the President and CEO of the Atlanta Committee for the Olympic Games. Mr. Payne spoke of the importance the 1996 Olympic Games will have on each one of us and gave a truly inspirational speech on the upcoming Games. (continued on page 46.)



The USA women's national team had a training camp in Atlanta the same time as Congress. Many of the team members came to the final banquet. Pictured here from left to right: Jessica Warkentin, Beline Davis, Janine Warkentin, Elana Dine, Andrea Pichler, Rachel Kuchel, and Santa Kuchel.

Right: Chairman of the Board Sandy Knapp and the mascot for the 1996 Olympic Games "Johnny" pose for a quick shot.



Left: USA Gymnastics President Mike Jack presents Arthur Hie, President of the FIG Women's Technical Committee, with a distinguished award.



Right: Jack presented a new USA Olympic shield.



Top left: Peggy Little, from Dynamic Gymnastics in Oklawaha City, Okla., was awarded Women's Coach of the Year.



Top right: Steve Means, from Dynamic Gymnastics in Oklawaha City, Okla., was awarded Women's Coach of the Year.



Bottom left: Fred Riedel, coach at the University of Minnesota, was awarded Men's Coach of the Year.



Bottom right: Joe Evans, from Gymnastic Pacific in San Rafael, Calif., was awarded Rhythmic Coach of the Year.



Reebok set up shops at the annual Congress.





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# media training seminar

*Just for fun, try doing an interview with a friend. First make a list of questions and ask your friend. Next have your friend ask you the same questions. You may find it's not as easy as you think. Remember practice makes perfect just like anything else!*

Judy Carter has been in the media and marketing business for 20 years. She has been a television reporter, has hosted several sports radio call-in talk shows and has done sports commentary of the Chicago Bears and the Cincinnati Bengals for the National Football League. Prominent athletes who have represented include Frank Gifford, Willie Jones King, Muhammad Ali, Kareem Abdul Jabbar, Walter Payton, Peggy Fleming and more. She appeared on international ads and was on countless TV and radio shows such as Oprah Winfrey, Phil Donahue and P.M. Magazine representing Gormann Medical Cosmetic Corporation. Judy has formed her own company specializing in media training and public speaking and has many clients including the U.S. Ski Team.

**A startling statistic when you are viewed on television:**

**judge you**

**55%**  
On appearance  
**38%**  
On voice quality  
**7%**  
On content



*Brent Klaus is a former professional basketball player.*

**BRENT KLAUS**

"I've never had any type of training like that before so the entire seminar was very helpful to me. I feel much more comfortable with the media now. After Winter Nationals I did an interview with a reporter and I was a little nervous but now after learning what to do and what to expect I feel more confident!"

## 7 steps to surviving the media

- 1 Determine your role
- 2 Mentally prepare
- 3 Practice makes perfect
- 4 Check appearance
- 5 Relax
- 6 Stay on track
- 7 Enjoy yourself

Some of the things that Judy discussed in the media training seminar are covered in this article. Maybe the tips will help all of you aspiring gymnasts. We've also included some comments from members of our national team and from Judy Carter!



**JUDY CARTER**

"It's always a pleasure training the best athletes in the nation. My experience shows that when top athletes are receptive to media training they become even more well rounded as individuals."



*Jenni Beathard is a former Olympic figure skater.*

**JENNI BEATHARD**

"Media training helped me a lot because I'm new on the national team and it gave me a lot of pointers on how to act with the media. Judy Carter made a lot of points on how the media is under pressure and that's why they're in a hurry. I didn't realize that before."



Members of the 1993-94 National Men's and Women's Teams had the opportunity to attend the first ever National Team Meeting, following the Coca-Cola National Gymnastics Championships in Salt Lake City. Many areas were covered including History, Business, Communications, Psychology, Health, and other specialty topics.

Judy Carter from Park City, Utah, conducted a media training seminar which covered many topics including:

- 1) Who are the media
- 2) How do I make an impression on the media
- 3) The power of the media.

## JUDY CARTER

"The gymnasts were receptive to deal with because they had an open mind. The gymnasts are not only great athletes, but great people."

Chris Waller, 24, is a former Coca-Cola USA National Team member, 1991-92.



## CHRIS WALLER

"Being a former olympian and being exposed to the media that came with it, the media training seminar helped me to understand how to relate my experiences to the general public. Judy Carter helped us to realize that just like our sport, if you're prepared for the media you'll be successful. If you think about your answers before an interview, it makes you look competent and well-prepared. The media training spelled out the best way to present yourself in front of the media."



Debbie Kaitschuck is a member of the Olympic Academy in Houston, Texas.

## DEBBIE KAITSCHUCK

"I noticed from the media interviews the athletes did that body language is so important. It's all in how the gymnast says something not so much what they're saying."

## on site interviews

- 1) Be clear and concise
- 2) Be truthful
- 3) Be positive
- 4) Deal with the facts
- 5) Don't speculate
- 6) Remain cool and confident

- 7) Don't lecture
- 8) Don't put down fans, other athletes, or yourself
- 9) Avoid sports jargon
- 10) Don't mentally relax
- 11) Laugh at yourself
- 12) Don't be intimidated
- 13) Remember YOUR message

## JAMIE MARTINI



Jamie Martini, 22, is a member of the Olympic Academy in Houston, Texas.

"I learned that the media's job is important to both me and them. I also learned that appearance, the way you stand, use your hands, etc., is also very important to what you're saying. I never thought of doing those things."

Ed Burch is a member of the USA Olympic Academy in Minneapolis, MN.



## ED BURCH

"It was informative. I knew a lot of the things she discussed and I take this stuff to heart because I think it's important. I think our athletes aren't personable enough. She media went personal."



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## EVENT SCHEDULE

### NOVEMBER

| Date  | Event (Men, Women, Rhythmic)                  | Location             |
|-------|---|----------------------|
| 12-13 | Israel Team Cup (M/W)                         | Tel Aviv, ISR        |
| 12-15 | 8th Team Olympic Future Program Countries (M) | Colorado Springs, CO |
| 12-28 | Misses International (M/W)                    | Sydney, AUS          |
| 28-29 | Cherry Cup/Yokyo Cup & Exhibition (M/W)       | Nagoya/Yokyo, JPN    |
| 31-22 | Latvian (W)                                   | Catania, ITA         |
| 25    | Best Color World/Best's (M/W)                 | Midwaukee, AUS       |

### DECEMBER

|       |   |                      |
|-------|---|----------------------|
| 1-3   | National (J & F) Training Camp (W)              | Birmingham, AL       |
| 2-4   | USA Police (M/W)                                | Stuttgart, GER       |
| 4-5   | Memorial Winter - '93                           | Berolonia, ESP       |
| 7-8   | 1993 Junior Pacific Allstars                    | Canberra, AUS        |
| 9-12  | 5th Pan American Championships (M/W)            | Mexico City, MEX     |
| 16-19 | National Team Training Camp (International) (W) | Colorado Springs, CO |

### JANUARY 1994

|       |   |                      |
|-------|---|----------------------|
| 12-16 | National Team Training Camp (International) (W) | Colorado Springs, CO |
| 20    | Russia v World Gymnastics Cup (M/W)             | Belform, BEL         |

### FEBRUARY

|       |                               |                      |
|-------|-------------------------------|----------------------|
| 4-5   | U.S. Winter Cup Challenge (M) | Colorado Springs, CO |
| 26-27 | Regional (M/W)                | Various Cities       |

### MARCH

|       |                                |                  |
|-------|--------------------------------|------------------|
| 4-5   | McDonald's American Cup (M/W)  | Orlando, FL, USA |
| 8     | 1st World Para (M/W)           | ITA              |
| 23-27 | American Classic Nationals (W) | ITA              |

### APRIL

|          |  |                    |
|----------|--|--------------------|
| 9        | NCM Regional (M)                                 | ITA                |
| 8-10     | NCM Regional North (W)                           | Various Sites      |
| 9-10     | International Pacific Games (M/W, R)             | Col, COA           |
| 14-17    | USA Gymnastics Collegiate Championships (M/W)    | Dartford, GB       |
| 15       | USA Gymnastics Nat'l Invitational Foundation (W) | Cape Canaveral, MO |
| 16-17    | J.O. Level 10 Regional (W)                       | Various Sites      |
| 19-24    | 1993 JPN/USA WORLD CHAMPIONS (M/W, R)            | WRS Bunk, AUS      |
| 22-23    | NCM National Gymnastics Championships (M)        | ITA                |
| 22-24    | NCM National Gymnastics Championships (W)        | Salt Lake City, UT |
| 29-May 1 | Junior Olympic Championships (R)                 | ITA                |
| 28A      | J.G. Regional Meet (M)                           | ITA                |

### MAY

|       |  |              |
|-------|--|--------------|
| 4-14  | FIG Congress                           | Geneva, SUI  |
| 5-7   | East Asia Rhythmic Nat'l Championships | ITA          |
| 5-8   | 1st National (Level 10) (M/W)          | Albion, PA   |
| 6-8   | 1st National (M)                       | Augusta, GA  |
| 12-15 | 1st National (Level 10) (M/W)          | Sparta, WA   |
| 12-13 | International Youth Camp (M)           | Hamburg, GER |
| 20-22 | Misses Challenge Triangular Meet (M/W) | Phoenix, AZ  |

\* - Tentative (Dates & Events Subject to Change or Cancellation)

Director of Special Events - John Gibbons



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# AMANDA BORDEN

## all-american kid

By Luan Plonch

**Birthdate:** May 10, 1977  
**Hometown:** Cincinnati, Ohio  
**Height:** 5 feet  
**Weight:** 92-103 pounds  
**School:** Flannerytown High School  
**Year Junior**  
**Favorite Class:** Algebra II and Physics  
**Future Career Goal:** Go to college and become a Physical Therapist, Sports Psychologist or Pediatrician  
**Family:** I live with my mom, dad, and 26-year-old brother  
**Favorite Athlete:** Michael Jordan  
**Favorite Gymnast:** Svetlana Bogutskaya. I like her style. She's so elegant.  
**Favorite Singer:** No one really. I like all kinds of music.  
**Favorite TV show:** I don't get to watch much TV but I do like *Reinse 911* and *Murder She Wrote*  
**Favorite Food:** Tuna Fish  
**Place You Would Most Like to Visit:** Australia  
**Favorite Event:** Floor and Beam  
**Favorite Skill:** Double front tuck-and dismount on beam.  
**Best Advice I Ever Received:** Our team saying last year was—"Believe, God's in Charge!" I really like that saying.

**Known for her "Pepsodent" smile and good natured personality, Borden has risen to the top of gymnastics and earned the title "All-American Kid."**

Borden, like many gymnasts, started gymnastics at age seven. Her friend was taking lessons at Tri County Gymnastics in Cincinnati so that's where it all began for Amanda.

When asked why she got involved with gymnastics and not another sport she said, "My parents wanted me to do gymnastics because I was always flipping around the backyard. I did many sports when I was young—ballet, ice skating, soccer and, of course, gymnastics."

Amanda dropped one sport at a time as the number of hours she spent in the gym increased. "I dropped ice skating, then ballet, then soccer," she said. By age 10, Amanda was doing only gymnastics.

"I think gymnastics has helped me to manage my time and set goals," claims Borden. "I've also learned that even if you don't achieve your goals you've learned a lot on the way and you should be proud of yourself for your achievements."

Borden affiliated to Cincinnati Gymnastics Academy in October of 1989 and trains with four other elite gymnasts under coaches Mary Lee Tracy and Kevin Brown. "We also train with the Level 8, 9 and 10 gymnasts, too," said Borden.

One can tell, just by watching Amanda perform, that she enjoys every minute of what she is doing. She definitely fits the definition of the All-American Kid!

Borden summed it up best saying, "I have a lot of fun competing. I like to perform to the crowd."

Dana Gorenstein/Photo Disc Inc.

Photo Disc Inc.





John Roethlisberger, the number one ranked gymnast in the country, is in a unique situation—his father is also his coach.

Rothlisberger comes from a very athletic family. His father, Fred, was a member of the 1968 Olympic gymnastics team and his sister, Marie, was a member of the 1984 Olympic gymnastics team. Rothlisberger joins the elite group by making the 1998 Olympic team.

"My family doesn't put pressure on me," said Ronthli-Sherman. "I know they will love me no matter what I do. I put pressure on myself though. When the 1992 Olympic Trials rolled around, I wanted to be able to say that we have three Olympians in our family."

John started going into the gym where his father coached, University of Minnesota, at age three.

"The facility is like my little playground," said Rothlisberger. "I had fun and played. I didn't take a formal gymnastics class until I was seven years old."

It wasn't until 1936 that Rothlisberger realized that he wanted to dedicate himself to the sport and his interests. "I attended the Olympic Games and saw the men's team win the gold medal and I was just working out with the team," said Rothlisberger. "I knew I wanted to get serious."

Not serious enough, he said he did. Now, at age 33, Roethlisberger is the only gymnast ever to win three USA All-around Hires and three USA/Cyprusnetics all-around Hires. In addition, he was named Allstate of the Year for 1990, 1992 and 1993 by his national teammates. He was the winner of the 1990 Nissen Award and 1992 and 1993 NCAA Academic All-American.

Figure 1. The effect of the concentration of the polymer on the gelation time of the polymer solution. The concentration of the polymer was 0.1, 0.2, 0.3, 0.4, 0.5, 0.6, 0.7, 0.8, 0.9, 1.0, 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 1.9, 2.0, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 2.9, 3.0, 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 3.9, 4.0, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 4.8, 4.9, 5.0, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7, 5.8, 5.9, 6.0, 6.1, 6.2, 6.3, 6.4, 6.5, 6.6, 6.7, 6.8, 6.9, 7.0, 7.1, 7.2, 7.3, 7.4, 7.5, 7.6, 7.7, 7.8, 7.9, 8.0, 8.1, 8.2, 8.3, 8.4, 8.5, 8.6, 8.7, 8.8, 8.9, 9.0, 9.1, 9.2, 9.3, 9.4, 9.5, 9.6, 9.7, 9.8, 9.9, 10.0, 10.1, 10.2, 10.3, 10.4, 10.5, 10.6, 10.7, 10.8, 10.9, 11.0, 11.1, 11.2, 11.3, 11.4, 11.5, 11.6, 11.7, 11.8, 11.9, 12.0, 12.1, 12.2, 12.3, 12.4, 12.5, 12.6, 12.7, 12.8, 12.9, 13.0, 13.1, 13.2, 13.3, 13.4, 13.5, 13.6, 13.7, 13.8, 13.9, 14.0, 14.1, 14.2, 14.3, 14.4, 14.5, 14.6, 14.7, 14.8, 14.9, 15.0, 15.1, 15.2, 15.3, 15.4, 15.5, 15.6, 15.7, 15.8, 15.9, 16.0, 16.1, 16.2, 16.3, 16.4, 16.5, 16.6, 16.7, 16.8, 16.9, 17.0, 17.1, 17.2, 17.3, 17.4, 17.5, 17.6, 17.7, 17.8, 17.9, 18.0, 18.1, 18.2, 18.3, 18.4, 18.5, 18.6, 18.7, 18.8, 18.9, 19.0, 19.1, 19.2, 19.3, 19.4, 19.5, 19.6, 19.7, 19.8, 19.9, 20.0, 20.1, 20.2, 20.3, 20.4, 20.5, 20.6, 20.7, 20.8, 20.9, 21.0, 21.1, 21.2, 21.3, 21.4, 21.5, 21.6, 21.7, 21.8, 21.9, 22.0, 22.1, 22.2, 22.3, 22.4, 22.5, 22.6, 22.7, 22.8, 22.9, 23.0, 23.1, 23.2, 23.3, 23.4, 23.5, 23.6, 23.7, 23.8, 23.9, 24.0, 24.1, 24.2, 24.3, 24.4, 24.5, 24.6, 24.7, 24.8, 24.9, 25.0, 25.1, 25.2, 25.3, 25.4, 25.5, 25.6, 25.7, 25.8, 25.9, 26.0, 26.1, 26.2, 26.3, 26.4, 26.5, 26.6, 26.7, 26.8, 26.9, 27.0, 27.1, 27.2, 27.3, 27.4, 27.5, 27.6, 27.7, 27.8, 27.9, 28.0, 28.1, 28.2, 28.3, 28.4, 28.5, 28.6, 28.7, 28.8, 28.9, 29.0, 29.1, 29.2, 29.3, 29.4, 29.5, 29.6, 29.7, 29.8, 29.9, 30.0, 30.1, 30.2, 30.3, 30.4, 30.5, 30.6, 30.7, 30.8, 30.9, 31.0, 31.1, 31.2, 31.3, 31.4, 31.5, 31.6, 31.7, 31.8, 31.9, 32.0, 32.1, 32.2, 32.3, 32.4, 32.5, 32.6, 32.7, 32.8, 32.9, 33.0, 33.1, 33.2, 33.3, 33.4, 33.5, 33.6, 33.7, 33.8, 33.9, 34.0, 34.1, 34.2, 34.3, 34.4, 34.5, 34.6, 34.7, 34.8, 34.9, 35.0, 35.1, 35.2, 35.3, 35.4, 35.5, 35.6, 35.7, 35.8, 35.9, 36.0, 36.1, 36.2, 36.3, 36.4, 36.5, 36.6, 36.7, 36.8, 36.9, 37.0, 37.1, 37.2, 37.3, 37.4, 37.5, 37.6, 37.7, 37.8, 37.9, 38.0, 38.1, 38.2, 38.3, 38.4, 38.5, 38.6, 38.7, 38.8, 38.9, 39.0, 39.1, 39.2, 39.3, 39.4, 39.5, 39.6, 39.7, 39.8, 39.9, 40.0, 40.1, 40.2, 40.3, 40.4, 40.5, 40.6, 40.7, 40.8, 40.9, 41.0, 41.1, 41.2, 41.3, 41.4, 41.5, 41.6, 41.7, 41.8, 41.9, 42.0, 42.1, 42.2, 42.3, 42.4, 42.5, 42.6, 42.7, 42.8, 42.9, 43.0, 43.1, 43.2, 43.3, 43.4, 43.5, 43.6, 43.7, 43.8, 43.9, 44.0, 44.1, 44.2, 44.3, 44.4, 44.5, 44.6, 44.7, 44.8, 44.9, 45.0, 45.1, 45.2, 45.3, 45.4, 45.5, 45.6, 45.7, 45.8, 45.9, 46.0, 46.1, 46.2, 46.3, 46.4, 46.5, 46.6, 46.7, 46.8, 46.9, 47.0, 47.1, 47.2, 47.3, 47.4, 47.5, 47.6, 47.7, 47.8, 47.9, 48.0, 48.1, 48.2, 48.3, 48.4, 48.5, 48.6, 48.7, 48.8, 48.9, 49.0, 49.1, 49.2, 49.3, 49.4, 49.5, 49.6, 49.7, 49.8, 49.9, 50.0, 50.1, 50.2, 50.3, 50.4, 50.5, 50.6, 50.7, 50.8, 50.9, 51.0, 51.1, 51.2, 51.3, 51.4, 51.5, 51.6, 51.7, 51.8, 51.9, 52.0, 52.1, 52.2, 52.3, 52.4, 52.5, 52.6, 52.7, 52.8, 52.9, 53.0, 53.1, 53.2, 53.3, 53.4, 53.5, 53.6, 53.7, 53.8, 53.9, 54.0, 54.1, 54.2, 54.3, 54.4, 54.5, 54.6, 54.7, 54.8, 54.9, 55.0, 55.1, 55.2, 55.3, 55.4, 55.5, 55.6, 55.7, 55.8, 55.9, 56.0, 56.1, 56.2, 56.3, 56.4, 56.5, 56.6, 56.7, 56.8, 56.9, 57.0, 57.1, 57.2, 57.3, 57.4, 57.5, 57.6, 57.7, 57.8, 57.9, 58.0, 58.1, 58.2, 58.3, 58.4, 58.5, 58.6, 58.7, 58.8, 58.9, 59.0, 59.1, 59.2, 59.3, 59.4, 59.5, 59.6, 59.7, 59.8, 59.9, 60.0, 60.1, 60.2, 60.3, 60.4, 60.5, 60.6, 60.7, 60.8, 60.9, 61.0, 61.1, 61.2, 61.3, 61.4, 61.5, 61.6, 61.7, 61.8, 61.9, 62.0, 62.1, 62.2, 62.3, 62.4, 62.5, 62.6, 62.7, 62.8, 62.9, 63.0, 63.1, 63.2, 63.3, 63.4, 63.5, 63.6, 63.7, 63.8, 63.9, 64.0, 64.1, 64.2, 64.3, 64.4, 64.5, 64.6, 64.7, 64.8, 64.9, 65.0, 65.1, 65.2, 65.3, 65.4, 65.5, 65.6, 65.7, 65.8, 65.9, 66.0, 66.1, 66.2, 66.3, 66.4, 66.5, 66.6, 66.7, 66.8, 66.9, 67.0, 67.1, 67.2, 67.3, 67.4, 67.5, 67.6, 67.7, 67.8, 67.9, 68.0, 68.1, 68.2, 68.3, 68.4, 68.5, 68.6, 68.7, 68.8, 68.9, 69.0, 69.1, 69.2, 69.3, 69.4,

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WILLIAMS, J. S. *Chamaeleonidae*. Columbia, SC: Univ. of S. C. Press, 1980. 366 pp. \$15.00.

1991 NCAA Championships, Lincoln, Neb., 5th Team  
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1991. *NASA*. [www.nasa.gov](http://www.nasa.gov).

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1998. *Michigan, March!*  
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1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

**Journal of Interpersonal Violence 26(10): 2009–2024**



## SHANNON MILLER

### World Champion

My mom, dad, and brother (who will be 13 on December 13) and I will have a Thanksgiving dinner. I don't think my sister will be able to come home from college. She's at Cal Tech. I melody just like the turkey. I'm a pretty picky eater. Christmas is my favorite holiday. Christmas day we open gifts in the morning and have dinner later in the day. A day or two after Christmas we drive to San Antonio, Texas to see my grandparents. It's fun getting to see all my relatives. I'm going to ask Santa to bring my sister home from college for Christmas.

Age 18  
Houston, Texas, U.S.A.  
Coca-Cola National  
Champion  
Crank, New Santa &  
Happy Holidays



USA Gymnastics Photo © Bruce Cook

## CHRIS WALLER

### 1992 Olympian

For Thanksgiving Cindy (my new wife) and I are going to my family's house in Illinois. This will be the first time I've had Thanksgiving at my family's house since 1984. The past few years I've always been on an international gymnastics trip during this time. I'm really excited. I haven't had my mom's cooking in years. We'll spend Christmas with Cindy's parents in Oregon skiing. I'll ask Santa the same things I've been asking for years—a bass guitar, a new motorcycle and a subwoofer speaker.

Age 25  
Houston, TX, U.S.A.  
College: UCLA, Los Angeles, CA  
Crank: Ask Santa &  
Happy Holidays



USA Gymnastics Photo © Bruce Cook

## EILEEN DIAZ

### Coca-Cola National Championships Gold for 7th All-Around Junior Division

I live with my mom, nine-year-old brother and 15-year-old sister in Houston. I also have another brother who is 19 and he's in college. My dad lives in Puerto Rico because that's where his job is. My parents live apart so that I can train in Houston. Thanksgiving is really special because my dad will come to Houston and we'll all be together again. For Christmas I'm going to ask Santa for a walkman and that's about it. I like gifts but not too many. I like giving gifts and making people happy.

Age 14  
Houston, Texas, U.S.A.  
Crank: Ask Santa  
Happy Holidays  
Crank, New Santa &  
Happy Holidays



USA Gymnastics Photo © Bruce Cook



The  
Holidays are  
the most  
special  
times of the  
year! We  
thought it  
would be  
fun to find  
out what our  
national  
team  
members do  
on their  
holidays.





## JENNIE THOMPSON

1993 Junior National Champion

I live with my mom and brother in Oklahoma City so that I can train at Dynamo. We always do a big family affair at Thanksgiving and Christmas. My dad and grandparents will come to Oklahoma for Thanksgiving. The most special part of Christmas is getting to see family and friends. Our family used to go snow skiing for Christmas. I started skiing at age 3 1/2 and started gymnastics at 5. But now there's not enough time over Christmas to go to the mountains. We make all of our own presents to give to family and friends like wooden deer, different kinds of wooden soldiers, sweatshirts and other stuff. We make a lot of craft things. I'm hoping to get clothes for Christmas (she wears a size 7 or 8 in children's clothes and a size 5 in shoes).

Age 13  
Residence: Norman, Okla.  
Gym: Dynamo, Norman, Okla.  
Coach: Coach Steve & Lynn Gable



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# HINTS FOR HAPPY HOLIDAY EATING

By Dr. Ben Brundet, PhD, RD, US, Associate Professor and Director, Sports Nutrition Laboratory, Department of Nutrition and Exercise Science, Georgia State University, USA Gymnastics National Team (Atlanta) and Amy Jeps, RD, Graduate through Nutrition

Remember, holiday meals are for everyone to enjoy, including you! Your whole family will eat better by following these suggestions.

Go for your favorite holiday meal, but consider these tips:

- If your table is turkey, leave off the skin, and bake the stuffing separately.
- If you hope for ham, trim the fat
- If your pleasure is pot-roast, go easy on the gravy
- Enhance your holiday meal with vegetables.
- Remember cooking with herb or bacon adds fat, don't be afraid to make healthy cooking suggestions to your family this year!
- Corn on the cob and mashed potatoes are just as great with low-fat margarine!
- Fresh peas with onions is a tasty alternative to creamed peas.
- Try fresh sweet potatoes instead of creamed sweet potatoes with marshmallow topping, or try baking sweet potatoes.

### Low-Fat Alternatives

- Fruit salad with little to no mayonnaise or made with low fat curds are healthy choices. Also, jelly fruit salads are great alternatives to mayonnaise. Don't forget that a beautiful fresh bowl of fruit tastes as good as it looks.
- Dessert delights do not have to be decadent!
- A serving of pineapple pie not only has half the calories and fat as pecan pie, but also provides one-third of the Recommended Daily Allowance for Vitamin A!
- Try a few apples and raisin oatmeal cookies instead of cake.
- Fruitcake has about half the fat of old-fashioned pound cake.

### What to drink and be merry:

- Hot apple cider is a pleasant low-fat alternative to eggnog, which has 37 grams of fat in an eight ounce serving!



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## JESSICA DAVIS

1999 U.S. Olympic Festival Rhythmic Champion

Over Thanksgiving my mom, dad, 15-year-old sister and I go to Lake Tahoe skiing. Oh yeah, and my dog Gypsy. Then we have a big dinner and invite friends. I'm Jewish so we celebrate Hanukkah. We light candles and give presents for eight nights. Sometimes, on my school break, we go to Lake Tahoe skiing on Christmas Day. My mom makes a special meal one night of Hanukkah.

Age 15  
Residence: San Jose, Calif.  
Gym: Dynamo, Falls, San Jose, Calif.  
Coach: Coach Steve



## RACHEL ROCHELLI

1993 Coca-Cola National Championships 9th All-Around

During Thanksgiving my mom, dad, 12-year-old sister and I have a turkey dinner. On Christmas day we usually wake up and open presents and have lunch. Sometimes we go over to a friend's house. I'm going to ask Santa for an MG sports car, but if I can't get that, I want clothes and a walkman.

Age 15  
Hometown: Tucson, Ariz.  
Club: Olympic Academy  
Parents: John  
and Mary Ann  
Gardner  
Sister: Lauren  
and sister: Emma

Age 23  
Hometown: Williams Lake, B.C.  
Club: Temple University  
in Philadelphia, Pa.  
Coach: Joel Smith

## BILL ROTH

1993 Coca-Cola National Championships 6th All-Around

I'm looking forward to going home to New York for Christmas. I'll eat a lot, enjoy the food my parents cook and get babied by my folks. We have a tradition of having a six course seated dinner on Christmas Eve complete with lobster. We eat by candlelight and my older brother and younger sister and parents and I are all together. I'm going to ask for a car for Christmas. Probably won't get it but it's always good to ask anyway. Don't care what kind of car, just one that works!

Age 13  
Hometown: Atlanta, Ga.  
Club: Olympic Academy  
Oklahoma City, Okla.  
Coach: Steve Smith &  
Peggy Smith

## TANYA MAIERS

1993 Coca-Cola National Championships 2nd All-Around Junior Division

I look forward to the turkey on Thanksgiving. This year my dad (who lives in Atlanta) will come and have Thanksgiving with my mom, nine-year-old brother and I. (Tanya is from Atlanta and moved to Oklahoma City with her mom and brother to train at Dynamex.)

My dad will also come to Oklahoma City for Christmas. On Christmas morning we get up and open presents and then go to church. Then we come home and play with toys and try on clothes and stuff. I wish Santa could bring me some gymnastics skills like a full twisting double back and a double layout and a vee vault that has a high start value!

## CHALEN SIEVERS

Junior Rhythmic National Champion

My mom will cook dinner over Thanksgiving, and our relatives will come over. I like ham and she usually has that for dinner. This Christmas we're going to Florida for vacation. After Christmas I have a group training camp in Colorado Springs. My mom, dad and 21-year-old brother build a candy house every year for Christmas. I love jewelry so I'll probably ask for all kinds of it for Christmas!

Age 14  
Hometown: Joliet, Ill.  
Club: Joliet Gym  
Coach: Jim Smith



## MICHELLE CAMPI

1992 Olympian

My mom and grandma cook all day before Thanksgiving. My favorite dish is my mom's chesecake—I splurge on special occasions! Last year we invited many people for Thanksgiving from different nationalities—Puerto Rican, Russian, Romanian, Japanese, Korean, South African. It was a lot of fun. This year for Christmas I'll be training because I'm going to the Aloha Fest. We have the day after Christmas. In the gym we have a Secret Santa where we draw a gymnast's name and then buy that person gifts. It's always a real challenge to keep who you have a secret. When I was younger we recognized "Three Kings Day" on January 6—it's a Puerto Rican holiday. We would put grapes and water out for the camels. The idea was that the three kings were coming to see the baby Jesus. I'm asking for a car for Christmas if I hope to get my license by Christmas time.

Age 17  
American, Japanese,  
Korean, Russian,  
Romanian, South African,  
Chinese, Italian,  
Greek, and Puerto Rican  
and New Yorker



**MORE ON  
PAGE 45!**

## MIHAI BAGIU

1993 Coca-Cola National Championships 7th All-Around

This will be the second Thanksgiving for my wife and I together. I'm the cook of our family and I'll probably cook a turkey, mashed potatoes and stuffing. Christmas is basically the same—we'll make a dinner on Christmas Day. I'll ask Santa for some clothes and a motorcycle.



Age 22  
Romanian, American, A.R.  
Gymnast, U.S.A.  
Coach: U.S. and  
his father



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# AAI INNOVATORS IN THE BUSINESS

Did you ever wonder who makes gymnastics equipment and how they come up with new products?

AAI American is one of the leaders in the line of gymnastics apparatus. AAI American was one of the first sponsors of USA Gymnastics! They have been in business for 36 years and have been guided by one basic idea, "We believe athletic performances should never be limited by equipment." That's why AAI American is constantly striving to provide the best possible equipment to you—the athlete.

Because they care about the sport, AAI American has introduced another new product called Z-Mats, which utilize advanced angular innovation in the fold design. What does that mean? Simply put, the Z-Mat is a traditional landing mat but it has a 45 degree angled seam which eliminates the concern of a mat bottoming out when you land on its seam. "When you look at the side view of the mat it looks like a Z, hence the name," said Ken Cysewski, director of marketing for AAI American.

"Gymnastics lends itself many challenges to make it safe for all gymnasts who come in all shapes, sizes and ability," said Cysewski. "AAI's goal is to not inhibit performance but to enhance performance. In developing products like our new Z-Mat, we feel like we've developed a safer landing mat with the gymnast in mind."



**AAI's goal is to not inhibit performance but to enhance performance. In developing products like our new Z-Mat, we feel like we've developed a safer landing mat with the gymnast in mind.**



**AAI American provides equipment to nearly all USA Gymnastics events, including the 1993 Coca-Cola National Gymnastics Championships, held in Salt Lake City, Utah.**

Recently AAI American took youth fitness to another level by incorporating early education in their products. "We want to make education fun and we want to promote learning with activity so we introduced Geo Shapes," said Cysewski.

Geo-Shapes create a multilingual, multi-colored playground that lets kids have fun while they learn basic colors, numbers and shapes.

The purpose of the Geo line is not only to promote fun and safe activity but also early learning. It's very elementary and can be incorporated in daily play.

If you have questions regarding products, contact AAI American 1-800-247-3978 or your local AAI American distributor.

Be on the lookout for the AAI HOLIDAY MAT SPECIAL advertised on page 9 in this issue!











# EDUCATIONAL PUBLICATIONS

## WOMEN'S

### COMPULSORY TEST

- **USAG Junior Olympic Compulsory Program, Levels 1-4** 3-T and 4L-5L-6C-7

192 p. 104 photos, 104 tables 104 pp.  
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- Additional results and comments (including observations and descriptions) for vaults and elements used in the Code of Points. The U.S. Olympic Committee has approved this supplement as a study for coaches and athletes.

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See the order form on page 13 to order any of these publications.



## MARCH/APRIL SUMMER CAMP ISSUE

**HEY GYMNASTS**... Just a reminder that the March/April issue of USA Gymnastics will be the Summer Camp issue. We will be running a list of Summer Camps from across the country. We'll give you just the basic information but you can call the camp and find out more details.

**COACHES AND CLUB OWNERS** send your camp information (Name of camp, address, phone, weeks of camp, contact person, girls, boys or co-ed) by January 16, 1994 to USA Gymnastics, P.O. American Plaza, 201 S. Capital Ave., Suite 300, Indianapolis, IN 46225. This is a free listing!



## Here's an Idea

Have you outgrown today of your gymnastics event t-shirts and don't know what to do with them? Here's an idea...

Gene Paulsen from Racine, Wisconsin made a blanket out of her son's old t-shirts. The blanket is something that will be cherished for many years to come!

## GAYLORD 4?



1994 Olympic Team Gold Medalist Mitch Gaylord invented the Gaylord and the Gaylord II, dolls he competed on the horizontal bar. After retirement, Gaylord introduced the Gaylord 3, a highly efficient strength machine.

Now another Gaylord has been produced—his son—Kenna Tyler Gaylord. Kenna was born August 11, 1993, 16.5 pounds, 18.5 inches long!

Congratulations to Deborah, Mitch and their new son Kenna!

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## WILSON COLLEGE BUYS NATIONAL TREND

We commend Wilson College for the addition of women's intercollegiate gymnastics to the college's athletic program, beginning in the academic year 1994-95.

"Wilson is instituting a program which many colleges and universities have dropped from their intercollegiate program," said Dr. James. "Our program will offer high school juniors, who otherwise may not have had the chance, an opportunity to continue participation and competition at the college level."

The new women's gymnastics program will be guided by a strong USA Junior Olympic competitive program that includes a fully equipped, sports gymnastics facility located on the Wilson campus in Greensburg, Pa.

For more information on the program call Joyce Goodrich at 717-264-4141.

## GYMNASTICS UPDATE

Photograph by Jeff Allen

# A SURPRISE VISIT

Amadeo Bortone, Dominique Dawes, Heidi Hornbrook, and Martha Goulet performed a small

demonstration, signed autographs, answered questions and shook hands at a children's hospital in Salt Lake City, Utah during the 1993 Coca-Cola National Gymnastics Championships. Thanks to Coca-Cola USA and the Coca-Cola Bottlers of Utah, the gymnasts handed out "positive hugs" to all the patients. Bortone wasted up the day's activities here, saying, "It was a treat to see them smile."



## MILLER

A total of 17,100,000 people watched one two hourcasts on 18,400 AM on Saturday, August 28 and 5,499,770 on Sunday, August 29.

Sharon Miller once referred to a total of 82 times over the course of the broadcast. However, Sharon 82 times and Kim Strong 47 times. Just think how 17 million people heard Sharon's name mentioned 82 times!

Timothy couple of kids closer the 1993 Coca-Cola National Gymnastics Championships, which aired on ABC Sports, August 28 and 29.

ma n i a





Left to right: Joe Stallone, Mike Dutka and Lindsey Fong

## MIKE DUTKA WINS GOLD

By Joseph Stallone

The 8th International Nachschuetzturnen CWG/Cup was held in Cottbus, Germany, with 60 gymnasts participating from 14 countries. The U.S. was well represented by Mike Dutka and Lindsey Fong from Gymnastrium Gym in Lehigh Valley, Pa.

Dutka, competing in the 15-year-old division, dominated the field. His all-around score

of 52.70 was more than a point ahead of second place Zoltan Lang from Hungary.

Fong placed third overall in the 16-year-old group with a 50.70. Great Britain's Thomas Hickey won first and Daniel Olmsted of Scotland took second. In the Open Age division, ages 17 and under, Dutka and Fong finished second and 12th all-around, respectively.

During event finals, Dutka earned the gold medal on vault and parallel bars, the silver medal on floor, and took sixth on rings. Fong earned the silver medal on rings and took fourth on high bar.

## RHYTHMIC WORLD CHAMPIONSHIPS TRIALS

Tamara Levtchenko, Jessica Davis, Brooke Beathell and Caroline Hunt made the 1993 Rhythmic World Championships Team by earning first through fourth place at the trials held September 12 at Emory University in Atlanta, Ga.

These four athletes travel to Alicante, Spain on November 4-7.

| # | Artist            | Vault | Bars  | Beam  | Ball  | Rope  | Team Score | All-around |
|---|-------------------|-------|-------|-------|-------|-------|------------|------------|
| 1 | Tamara Levtchenko | 9.200 | 9.150 | 9.150 | 8.800 | 9.100 | 46.700     | 23.100     |
| 2 | Jessie Davis      | 8.700 | 8.850 | 9.200 | 8.950 | 9.100 | 45.800     | 24.700     |
| 3 | Brooke Beathell   | 8.400 | 8.900 | 9.250 | 8.850 | 9.150 | 44.950     | 24.800     |
| 4 | Caroline Hunt     | 8.900 | 9.100 | 8.600 | 9.100 | 8.950 | 44.650     | 25.700     |
| 5 | Carole Baker      | 8.950 | 8.200 | 9.100 | 8.850 | 9.000 | 43.575     | 24.675     |
| 6 | Tolly Hunt        | 8.225 | 8.900 | 8.900 | 8.600 | 9.170 | 41.875     | 24.400     |
| 7 | Alisa Ulla        | 8.275 | 8.800 | 8.700 | 8.275 | 8.400 | 40.325     | 24.125     |
| 8 | Christi Hoop      | 8.300 | 8.700 | 8.150 | 8.150 | 8.400 | 40.000     | 23.900     |

\*Numbers 1 to 8 are listed together. The first all-around score shown is adding the highest score for each group's best gymnast in those rows.

Left to right: Jessica Davis, Caroline Hunt, Brooke Beathell and Tamara Levtchenko



# UPCOMING EVENTS

## HERSHEY'S

Hershey Chocolate USA will help launch the 1994 events schedule with the debut of the Russia's World Gymnastics Cup. The event will take place in Baltimore, Md. on January 29.

The 20-person invitational will feature 10 men and 10 women gymnasts who have won medals at the Olympic and/or World Championships levels. These athletes will compete in individual events only.

Some competitors include Dominique Dawes, Kim

Zmeskal, Dery Ochina, Henriette Ochia, Trent Dimas, Valeri Loukin, Syrina Kozal and Andrius Wlecken.

"This event will certainly have some uniqueness," said Rod Davis, vice president of USA Gymnastics. "In our sport, there isn't any distinction between professional and amateurs since our international federation now permits direct payment to an athlete. We used to have a professional issue, but we haven't had a competition with current and previous Olympians competing against each other. This should be fun and exciting for our fans."

There will be a slight adjustment in the judges

scoring system to allow for more equal judging, since the current Olympics have routines with different

technical requirements. ABC's Wide World of Sports will air the event on January 29 from 4:00-6:00 pm EST. For ticket information call 410-481-SEAT.

## Budget

Budget Rent a Car Corporation also joins USA Gymnastics as a new national sponsor. Budget will exhibit a new dual competition between Romania

and the USA. The event takes place on June 30-31 at the Centrum in Worcester, Massachusetts.

"We are thrilled to have the support of Budget Rent a Car Corporation," said Davis. "When you examine our list of corporate sponsors, you see some of the biggest names in business and Budget is no exception."

"We understand the Boston-area market is a good business location for Budget, and historically our events have drawn well there. We look forward to another top competition for our squads and feel very fortunate that we can provide international competitors like this for our athletes." NBC will air the event on June 18, 1994.



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If you would like to ask Kim Zmeskal a question, write to: ZMA Gymnastics, Chalk Talk, P.O. Box 1000, P.O. Box 1000, Suite 200, Jupiter, FL 33422.

ZMESKAL



Kim Zmeskal, World All-around Champion

Kim Zmeskal was three consecutive U.S. Champion after the World Championship title and contributed to the U.S.'s bronze medal in the team competition at the 1992 Olympic Games.

Dear Kim,  
I'm 11 years old and a Level 4 gymnast at Cranford's/Starco. Every time I do my back tuck somersaults are beautiful. I love my legs and fall off. How can I make myself quit tumbling any tips? Kim Lerner  
Pondicherry, Indiana

Dear Kim,  
Before you do the back somersault, point your feet at first making sure that your feet is stretched forward. Keep your legs squared when your leg starts to lift. As you lift over the top, keep your legs in the air till the knees are squared.

Dear Kim,  
Have you ever thought of coaching gymnastics? Donnie Bels and Martha Karolyi are coaches? Donny Yacobi  
Scranton, Pennsylvania

Dear Donny,  
I have helped coach at a couple clubs and I enjoy working with the young gymnasts. Bels and Karolyi are still running the gym and the camps, though they are not coaching.

Dear Kim,  
Do you intend to go to college? If so, have you decided what your major will be and will you continue in gymnastics at the collegiate level as

former Olympians Mary Matlock and Hope Solyow have? Robert Lankford  
Tucumcillo, California

Dear Robert,  
I do plan on attending college. However, NCAA rules prohibit us from competing in gymnastics. I will stay involved with the sport though. As far future career plans, I am interested in broadcasting.

Dear Kim,  
I'm 10 years old a Level 4 rhythmic gymnastics. When I go forward a lot of people get first place but I never get first place. How can I prevent getting discouraged? Andrea Caciari  
New York, New York

Dear Andrea,  
Don't worry about winning first place. As long as you have fun and your heart you should be happy. Try to compete against your own performance. If you improve in this way, you really should not be disappointed.

Dear Kim,  
I am 12 years old and a Level 4 gymnast. I was wondering, who was the biggest inspiration to you as a gymnast? Anna Wilson  
Chesapeake, Virginia

Dear Anna,  
When I was eight years old, Mary Lou Retton was the Olympic All-around Girl medal. Since she also trained at Karolyi's,

I was able to watch her all the time. Mary Lou is the person who planted the dream inside of me to want to become a world-level gymnast.

Dear Kim,  
What is your favorite event and why? Mine is floor exercise. Well, jump up the good words in the gym. Gls by the way, I came to the Gymnastics Team at the Memorial Stadium and I got your autographs as a prize. I have it hanging on my wall.  
Rylee Phares  
Greenville, South Carolina

Dear Rylee,  
My favorite event is also the floor exercise. I feel like I can express my personality the best through this routine. Also, I've always loved to jump and dance. I hope you enjoyed the show. Thanks for going to see it!

Dear Kim,  
I'm having a lot of trouble learning my back handspring. What can I do? Julia Rogers  
San Antonio, Texas

Dear Julia,  
It is sometimes useful to have teaching skills as a trampolinist first. You could try this or have your coach spot you until you feel ready to do the skill on your own.

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**Journal of Management Studies** 34 (1997) 89-104

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1, Kapsa PB—193, *Illustrations*; *Control* Gms 18—1,  
 and Peter Woodrow, *Winks* Gms 18—1,  
 1, James Daniel, *Winks* Gms 18—1,  
 1, Jeffrey Sankin, PB—1, *Winkless*, Gms 18  
 18 11 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157 158 159 160 161 162 163 164 165 166 167 168 169 170 171 172 173 174 175 176 177 178 179 180 181 182 183 184 185 186 187 188 189 190 191 192 193 194 195 196 197 198 199 200 201 202 203 204 205 206 207 208 209 210 211 212 213 214 215 216 217 218 219 220 221 222 223 224 225 226 227 228 229 230 231 232 233 234 235 236 237 238 239 240 241 242 243 244 245 246 247 248 249 250 251 252 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267 268 269 270 271 272 273 274 275 276 277 278 279 280 281 282 283 284 285 286 287 288 289 290 291 292 293 294 295 296 297 298 299 300 301 302 303 304 305 306 307 308 309 310 311 312 313 314 315 316 317 318 319 320 321 322 323 324 325 326 327 328 329 330 331 332 333 334 335 336 337 338 339 340 341 342 343 344 345 346 347 348 349 350 351 352 353 354 355 356 357 358 359 360 361 362 363 364 365 366 367 368 369 370 371 372 373 374 375 376 377 378 379 380 381 382 383 384 385 386 387 388 389 390 391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409 410 411 412 413 414 415 416 417 418 419 420 421 422 423 424 425 426 427 428 429 430 431 432 433 434 435 436 437 438 439 440 441 442 443 444 445 446 447 448 449 450 451 452 453 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 482 483 484 485 486 487 488 489 490 491 492 493 494 495 496 497 498 499 500 501 502 503 504 505 506 507 508 509 510 511 512 513 514 515 516 517 518 519 520 521 522 523 524 525 526 527 528 529 530 531 532 533 534 535 536 537 538 539 540 541 542 543 544 545 546 547 548 549 550 551 552 553 554 555 556 557 558 559 560 561 562 563 564 565 566 567 568 569 570 571 572 573 574 575 576 577 578 579 580 581 582 583 584 585 586 587 588 589 590 591 592 593 594 595 596 597 598 599 600 601 602 603 604 605 606 607 608 609 610 611 612 613 614 615 616 617 618 619 620 621 622 623 624 625 626 627 628 629 630 631 632 633 634 635 636 637 638 639 640 641 642 643 644 645 646 647 648 649 650 651 652 653 654 655 656 657 658 659 660 661 662 663 664 665 666 667 668 669 670 671 672 673 674 675 676 677 678 679 680 681 682 683 684 685 686 687 688 689 690 691 692 693 694 695 696 697 698 699 700 701 702 703 704 705 706 707 708 709 710 711 712 713 714 715 716 717 718 719 720 721 722 723 724 725 726 727 728 729 730 731 732 733 734 735 736 737 738 739 740 741 742 743 744 745 746 747 748 749 750 751 752 753 754 755 756 757 758 759 760 761 762 763 764 765 766 767 768 769 770 771 772 773 774 775 776 777 778 779 780 781 782 783 784 785 786 787 788 789 790 791 792 793 794 795 796 797 798 799 800 801 802 803 804 805 806 807 808 809 810 811 812 813 814 815 816 817 818 819 820 821 822 823 824 825 826 827 828 829 830 831 832 833 834 835 836 837 838 839 840 841 842 843 844 845 846 847 848 849 850 851 852 853 854 855 856 857 858 859 860 861 862 863 864 865 866 867 868 869 870 871 872 873 874 875 876 877 878 879 880 881 882 883 884 885 886 887 888 889 890 891 892 893 894 895 896 897 898 899 900 901 902 903 904 905 906 907 908 909 910 911 912 913 914 915 916 917 918 919 920 921 922 923 924 925 926 927 928 929 930 931 932 933 934 935 936 937 938 939 940 941 942 943 944 945 946 947 948 949 950 951 952 953 954 955 956 957 958 959 960 961 962 963 964 965 966 967 968 969 970 971 972 973 974 975 976 977 978 979 980 981 982 983 984 985 986 987 988 989 990 991 992 993 994 995 996 997 998 999 1000 1001 1002 1003 1004 1005 1006 1007 1008 1009 1010 1011 1012 1013 1014 1015 1016 1017 1018 1019 1020

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| Age Group | Total (%) | Male (%) | Female (%) | Unknown (%) |
|-----------|-----------|----------|------------|-------------|
| 18-24     | 12        | 10       | 14         | 10          |
| 25-34     | 25        | 22       | 28         | 20          |
| 35-44     | 28        | 25       | 31         | 22          |
| 45-54     | 22        | 20       | 24         | 18          |
| 55-64     | 15        | 12       | 18         | 10          |
| 65+       | 8         | 5        | 12         | 5           |

January 22-24, Physics Institute, Elia Bruma  
A.A., 1, J.D. Howe, C.R. 2, Kyle Anne,  
O.V. 2, Bill McIsaac, D.R. 2, Kyle Anne,  
Andrew Pledge, R.C. 2, David White, Nemo, 2,  
Peter Jones, J.G.K. 2, Kyle A.A., 1, Jack  
Reider, Gary May 1, 2, Jeff Roshon, Wagon  
out, 2, Jason Wells, Al, Kyle A.A. 2, Kyle A.A.,  
1, David Goldstein, Kyle A.A., 2, Peter Jones,  
Cory Mott, 2, Kyle A.A., Al, Peter, C.R. 2,  
A.A., 1, Steve Langford, Al, Kyle A.A.,  
2, Michael No, Al, Kyle A.A., 2, Andy Pomeroy,  
M.G.K. 2, C.R. 2, A.A., 1, David White,  
Van West, C.R. 2, Nick Green, C.R. 2, Kyle A.A.,  
2, B.J. Hall, Roshon, C.R. 2, Kyle A.A., 1,  
Jason Green, S.O.R. 2, Andrew Walling,  
Davidson, 2, David Mott, Michael, C.R. 2,

7 H A.J.—1, Kevin Keweenaw, Glenide; 2, Stephen Banks, A.C. Flors; 3, Scott Hunter, A.C. Flors. 10 B-up A.J.—1, Gordon Lippens, Glenide; 2, Maria Tiquis, Sauray; 3, Jon Zwick, WCT.

**January 8: San Jose, California** Juan Carlos pinos—1, Iowa, 2, Cal Berkeley; 3, Mike Brown, U.S.—1, Jay Winstan, Iowa, 2, Don Brown, Iowa, Gary Clark, Iowa, OK—1, Jayson Cohen, Stanford PB—1, Jason Warran, Cal SB—1, Chrisa Martin, Northwestern W—1, Mike Reingold, Cal, PB—1, Jon Lynch, Stanford SB—1, Aaron Carter, Iowa



### P.C.D.I. Rhythmic Irritation

**Exhibitor 5-3, Seattle Pacific University Service Division:** A.A.—1, Angelika B. Wain, Scholastic; Gen. 2, Coralee Hinton, Vancouver; HSE 2, Walter Smith, Scholastic; Gen. Junior Division A.A.—8, Anne Truax, Scholastic; Gen. 2, Debbie Kauri Shand HSE; 2, Krista Hoffman, Scholastic; Gen. Senior/Victoria's Dream A.A.—1, Jennifer Pugh, High Performance; 2, Jessica Barry, High Performance; HSE, Linda Bonetti, Vancouver HSE 2, Hope Stronach, Seattle HSE.

The figure consists of two bar charts, (a) and (b), showing the percentage of respondents by age group for different levels of agreement with the statement 'The government should do more to protect the environment'.

Chart (a) shows the percentage of respondents who agree with the statement. The x-axis represents the level of agreement (Strongly agree, Agree, Disagree, Strongly disagree) and the y-axis represents the percentage of respondents (0 to 100). The legend indicates that the bars represent the percentage of respondents who agree with the statement.

Chart (b) shows the percentage of respondents who disagree with the statement. The x-axis represents the level of agreement (Strongly agree, Agree, Disagree, Strongly disagree) and the y-axis represents the percentage of respondents (0 to 100). The legend indicates that the bars represent the percentage of respondents who disagree with the statement.

Both charts show that the percentage of respondents who agree with the statement is highest for the 'Strongly agree' category and lowest for the 'Strongly disagree' category. The percentage of respondents who disagree with the statement is highest for the 'Strongly disagree' category and lowest for the 'Strongly agree' category.

**January 14-17, Indianapolis, Ind.** Level 4  
 Childs and O'Brien A.A., 1; Olson Marlene, 2;  
 Anne Taylor, 2; Wilson Shirley and Henry  
 Thompson, Anne Wilson A.A., 1, 1978;  
 Spencer, 2; Ampham Ann Lawrence, 2; Ashley  
 Rose, 2; Spencer Dennis A.A., 1; Doyle Laura, 1;  
 Childs's Wife, 1; Childs's Son, 1; Adams  
 Wardwell, 2; Rachel's interests, 2; Adams  
 David, 1; Adams Thomas A.A., 1; Sarah Wilson,  
 2; Sarah's family, 2; Stephens Helen, Sarah  
 Thomas A.A., 1; Anne Green, 1; Level 5  
 Childs's Wife/Childs, 1, 1; Childs's son, 2;  
 2; Kimberly Rodgers, 2; William James  
 Ann Wilson A.A., 1; Ann O'Brien, 2; Amy  
 Harwood, Sarah Thomas A.A., 1; Sylvia  
 Benson, 1; Ann Childs's Son, A.A., 1;  
 Barry Schwingman, 2; 2; Adams  
 Schuchman, Sarah Thomas A.A., 1; Ann  
 Richards, 2; Wilson Sarah, 1; Spencer's  
 A.A., 1; Andy Ray, 2; John Spencer,  
 2; Arthur Cook, 1; Level 19 A.A., 1, Sally  
 Wood















## MEN'S ARTISTIC SELECTION PROCEDURES

(Drafting approved by the Men's Program Committee)

### L QUALIFICATION-WINTER CUP CHALLENGE

A. The 1994 Winter Cup Challenge will be held February 4-5, 1994 at the U.S. Olympic Training Center in Colorado Springs.

B. Athletes will qualify to the Winter Cup Challenge from Senior Elite Qualifying events approved by the Men's Program Director to be held at various sites, but no later than January 23, 1994. Competitions and apparatus will be utilized. The Men's Program Director of USA Gymnastics will certify those approved meets. This certification allows that FIG rules, along with the MPC approved Additional Special Requirements document be used at all meets. Two or more nationally certified judges who are approved by the Men's Program Director will be required. Two or more judges per event will be required. Four or more clubs/programs must be in attendance for the competition.

No qualifying meet will be sanctioned unless all requests are received at least four weeks in advance of the meet. All official results of qualification scores will be sent to the Men's Program Director.

**Exception:**  
Those athletes who finish in the top 14 Senior National Team, and four under age 20 Senior Elite Development Team and the top seven in the Junior Elite Division Junior Elite National Team at the 1993 U.S. National Championships will automatically

qualify to the 1994 Winter Cup Challenge, unless they become ineligible due to age. In this case, they must qualify to the Senior Division by the stated qualifying procedure. No automatically qualified athletes will be replaced, for any reason.

Also, athletes who wish to be considered for the 1994 FIG Individual Event World Championships will be required to obtain an OPTIONAL ONLY score of at least 9.7 on each event which they wish to compete in the 1994 Winter Cup Challenge. These optional only scores must be obtained on one of the approved meets as described.

C. For compulsory in the Winter Cup, there will be two squads. The first squad of 42 will be qualified from the above qualifying procedure and would be attempting to secure positions on the Senior National Team or the Senior Elite Development Team. The squad of 21 will be qualified from the above procedure, but be under age 19 as of the first day of the Winter Cup and will be attempting to secure positions on the Junior Elite Team. The squad of 42 will be divided into seven main groups with six events being competed concurrently. The squad of 21 will be divided into seven main groups with three events being competed concurrently. These events will be completed OF, PH, SH and then competition will begin on the remaining three events. The competitive working order for optionals will be determined by releasing the same group, continuing to rotate the order and moving over one event to start.

D. All-Around ranking will be determined from the compulsory-optional session. Compulsories will be weighted 50% and the optionals 50% to determine

team and ranking for the Senior National Team, the Senior Elite Development Team and the Junior Elite Team.

E. The Senior National Team will be the top 14 from the final all-around ranking. The Senior Elite Development Team will be the next four in rank order from the combined weighted compulsory and optional sessions, who are under age 20. The Junior Elite Team will be the top seven from the combined weighted compulsory and optional sessions, competing in the 21 main division, who are under age 19. Age is determined as of first day of competition. This will not be broken.

F. Optional competition will utilize the Additional Special Requirements of the Men's Program Committee and Competition Rules of the FIG.

G. In case of an injury, a gymnast may be positioned on to the National Team, unranked, by the Men's Program Committee.

H. Petitions to the Winter Cup Challenge will be considered for current or former National Team members only. These National Team members must have competed in one of the two immediately previous National events (Winter Cup or U.S. National). Petitions should be completed by the coach, include a doctor's explanation and be sent to the Men's Program Director. Any petition which is ultimately accepted by the Men's Program Committee will not include a competitor qualified by competition. The petitioned athlete will be added.

### N. TEAM SELECTION-WORLD CHAMPIONSHIPS-BRISBANE, AUSTRALIA

A. The gymnasts who finish first in an individual event, utilizing optional scores only, from the 1994 Winter

Cup Challenge, will be the athletes who will be considered to compete in the 1994 Individual Event World Championships in Australia. The top three all-around finishers, using optional scores only, will be assigned to compete in the all-around portion of the 1994 FIG World Championships in Australia.

B. Based on the optional scores and video review by the Men's Program Committee at the conclusion of the Winter Cup, a maximum of six gymnasts will be invited to participate in the Individual/All-Around Event World Championships.

C. Winter Cup will be FIG Rules with the MPC approved Additional Special Requirements. (Two weeks required for Individual Event World Championships consideration).

D. Replacement of a team member will occur only due to a serious injury.

E. No petitions to the 1994 World Championships Team are allowed.

F. The World Championships Team Coach and Assistant Coach will be the two highest ranking personal coaches of the athletes selected to participate. One coach each from the All-Around and Individual Event competitions.

### III. TEAM SELECTION-GOODWILL GAMES-ST. PETERSBURG, RUSSIA

A. Four athletes in rank order from the Winter Cup Challenge utilizing optional all-around scores only will comprise the 1994 Goodwill Games Team.

B. The top two personal coaches in rank order will serve as head coach and assistant coach, respectively.

C. Replacement of a team member will occur only due to a serious injury.

D. No petitions to the Goodwill Games Team are allowed.



## SELECTION PROCEDURES

## WOMEN'S ARTISTIC SELECTION PROCEDURES

**L 1994 WORLD  
CHAMPIONSHIPS-BRISBANE,  
AUSTRALIA**

The 1994 World Championships is an All Around and Event Finals competition and will take place April 15-24.

A *Shoreless Miller*, based on the following 1903 performances:

- World All-Around Champion
- World Champion on Bars and Floor

will be guaranteed an all-around position on the 1994 World Championships Team, pending her readiness which will be demonstrated at the 1994 McDonald's American Cup and evaluated by the Selection Committee.

At the American Classic on March 25-27, compulsory competition will be 60% of the final score and optional competition will be 40% of the final score to determine the combined all-around ranking. Gymnasts must finish in the top six combined all-around ranking and place first or second in the optional only ranking, to be placed on the 1994 World Championships Team. This will be broken by the highest individual event optional score. In the event that

Shaneen Miller is not on the World Championships Team, the third slot will be filled by the same method.

C. The fourth position will be determined by the individual event optional ranking. An athlete who wins an event and places no lower than sixth in the combined all-around, and who has not already been placed on the team, will fill the fourth slot. Ties will be broken by the highest individual judge's counting score on that apparatus. In the event that all four apparatus were won by the athletes already placed on the team by five optional all-around ranking, the athlete placing next in the optional all-around will be placed on the World Championships Team.

□ At the American Classic

Competition III rules will be used for the combined all-around competition, with the exception of vault, which will use Competition II rules. Athletes number 1 through 6 in the combined all-around final ranking, are eligible to qualify for the World Championships Team on the vault event by performing a second vault using Competition III rules at a designated time, separate from the combined all-around competition.

E There will be no petitions (entry or other) onto the World Championships Team.

F The four affiliates representing the U.S., barring injury, will compete according to the coaches' input.

\*Feeding trial approved

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1997년 12월 15일







(Michael) Tom Ardley  
continued from page 28

## JARROD HANKS

1998 Coca-Cola  
National  
Championships  
5th All-Around

I got engaged the day I got back from Championships to Brandy Capeland, a cheerleader for the University of Oklahoma. I'm getting married on February 14. On Thanksgiving Brandy and I will go to my mother's house (which is my mom's mom). The whole family gets together. We eat so much good spicy Cajun food that we have to sleep afterwards. My favorite is a rice dressing with lobster meat. Brandy and I will probably spend Christmas in Oklahoma with Brandy's family. It will be a new experience. I'm going to ask Santa to bring me a new arkle and make me healthy for Christmas. (Jarrod injured his arkle at the Coca-Cola National Gymnastics Championships in August. He said that his rehabilitation is going well and he should be full strength by Winter Nationals)



Age 24  
Hometown: Oklahe  
Coca-Cola  
Natl. Champ. 5th All-Around  
Coca-Cola Natl. Champ. 5th All-Around

## DONI THOMPSON

1998 Coca-Cola National Championships  
5th All-Around Junior Division

For Thanksgiving my family comes over to our house and we have a big turkey dinner and play games like Telva Pursuit and Fictionary. I like my mom's mashed potatoes the best. My whole family comes over Christmas Eve and we have dinner, go to church, and then open presents. We always read "The Night Before Christmas" on Christmas Eve. Doni's family includes her mom, dad, 18-year-old twin brother and sister, 21-year-old brother and Doni, who is the baby of the family at age 12.5.

Age 12  
Hometown: Oklahe  
Coca-Cola  
Natl. Champ. 5th All-Around  
Coca-Cola Natl. Champ. 5th All-Around



## KIM ZMESKAL

1991 World  
Champion

For Thanksgiving my mom, dad, 14-year-old sister, 10-year-old brother and I usually go to my grandpa's house and have a Thanksgiving dinner. I love turkey and my grandpa is German and makes tons of Kolacky's. My grandpa's house is out in the country and all my cousins are there. It's really fun. For Christmas my family and I go to church on Christmas Eve and are allowed to open one present after church. We also make cookies and write a letter to Santa on Christmas Eve. In the morning we open all of our Santa gifts. After Christmas I'm going to Chicago to spend time with Betty Okine. We did this last year, too, and it was so much fun. We plan to go skiing, although neither of us have ever skied before.

Age 12  
Hometown: Oklahe  
Coca-Cola  
Natl. Champ. 5th All-Around



## TAMARA LEVINSON

1992 Olympian

For Thanksgiving my family gets together with friends we've had for many, many years and have a big dinner. For Christmas, we're Jewish but not real religious. My brother's birthday falls on Christmas so we have a big celebration on that day. We usually go to Florida or someplace warm.

Age 24  
Hometown: Oklahe  
Coca-Cola  
Natl. Champ. 5th All-Around  
Coca-Cola Natl. Champ. 5th All-Around

# HAPPY HOLIDAYS!!!





# 1993 CONGRESS

## USA GYMNASTICS

Left to right: Brooke Boykoff, Rhythmic Athlete of the Year; Dominique Dawes, Women's Athlete of the Year; Billy Payne, President and CEO of AGOG; Shannon Miller, Master of Sport; John Roethlisberger, Men's Athlete of the Year.



Below is a list of the award winners. USA Gymnastics would like to congratulate them all!

|                            |                              |
|----------------------------|------------------------------|
| Rae Krutizer               | Outstanding Service Award    |
| Jim Howard                 | Outstanding Service Award    |
| Roseann Braderick          | Outstanding Service Award    |
| Candace Feinberg           | Outstanding Service Award    |
| Jackie Fin                 | Distinguished Service Award  |
| Dominique Dawes            | Women's Athlete of the Year  |
| Steve Nunn & Peggy Liddick | Women's Coaches of the Year  |
| John Roethlisberger        | Men's Athlete of the Year    |
| Fred Roethlisberger        | Men's Coach of the Year      |
| Brooke Boykoff             | Rhythmic Athlete of the Year |
| Jim Ezzer                  | Rhythmic Coach of the Year   |
| Jack Rockwell              | Spirit of the Flame Award    |
| Shannon Miller             | Master of Sport              |
| Jessie "Jey" Adams         | Hall of Fame                 |
| Larry Bomer                | Hall of Fame                 |
| Irvine "Irv" Beddard       | Hall of Fame                 |
| John "Jack" Miles          | Hall of Fame                 |
| Frank "Frank" Kasis        | Hall of Fame                 |
| John Bessinger Jr.         | Hall of Fame                 |

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